

## Promoting Healthy Aging Within Our Communities

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With a focus on health issues that are of particular interest in the African American community, the Wellness Forum on Healthy Aging was held in April of 2009 and featured presentations on brain health, hypertension, and diabetes. This day-long event was a partnership between the West Oakland Senior Center, the UCD-Sacramento CADC, and the UCD-Martinez CADC. The event drew more than 100 attendees. This event was held at the West Oakland Senior Center.

Plans are underway to repeat the event in April of 2010 and to include the Northern California Alzheimer's Association as co-sponsors.

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